

## MONTHLY BOARD MEETING MINUTES

January 26, 2015

### **Mental Health Board**

#### **Members in Attendance**

Cleveland, Cheryl  
Dickinson, Will  
Holmes, Jim  
Jarvis, Debra  
O'Meara, Janet  
Stanners, Sharon  
Thickens, Theresa

#### **Absent Members**

Behrens, Sharon

#### **Staff and Guests**

Abrahamson, Twylla  
Bauman, Maureen  
Bond, Yvonne  
Cople, Katrina  
Cowen, Jeff  
Ellis, Amy  
Jones, Janna  
Kaufer, Leonard  
Mendonsa, Andrew  
Osborne, Marie  
Pawlak, Christopher  
Taylor, Will

### **Welcome and Introductions**

Janet O'Meara, Chairperson of the Mental Health, Alcohol and Drug Board (MHADB), called the meeting to order at 6:15 p.m. Members and guests were welcomed and introductions were made.

#### **❖ Board Protocol (Non-Board Member Participation) – Read**

- This item is designed to clarify, for new attendees, the role of non-board members and their participation while attending the Mental Health, Alcohol and Drug Board (MHADB) meetings.
- The MHADB encourages public input in all of its meetings. In order to facilitate this, we allow for public input two times – once at the beginning of the agenda and once at the end. These times are for those items that do not appear on the agenda. For items that are on the agenda, the Board will allow time for input from the public at the time the item is heard by the Board. Input guidelines are as follows: (Not read this evening)
  - a. *All remarks shall be addressed to the Board as a body and not to any member of the board or staff.*
  - b. *No person, other than a member of the Board and the person having the floor shall be permitted to enter into any discussion without the permission of the chairperson.*
  - c. *For items not on the agenda, each person is limited to three (3) minutes of comment during the Public Comment Period(s.)*
  - d. *For items on the agenda, each person is limited to five (5) minutes of comment during the agenda item, unless time is extended by the chairperson*
  - e. *For items on the agenda, if there is a person speaking on behalf of a group, with no other comments by another member of that group, please identify yourself as such and your time may be extended at the pleasure of the chairperson.*
  - f. *Total discussion time on any item may be limited by the chairperson to ensure that all of the business on the agenda is completed no later than 8:00 p.m.*

#### **❖ Guest Speakers Presenting on Consumer Development:**

##### **Will Taylor, Consumer Affair Coordinator, Mental Health America**

- Mr. Taylor provided a brief background as a homeless and disabled consumer, receiving mental health services. Placer County helped him get back on his feet and is now working as a full time advocate.
- As the consumer affair coordinator, his primary role is a program coordinator but notes he is also here to advocate on behalf of people with lived experience in mental illness and represent their interest.
- Helps people create better lives for themselves.
- Consumer empowerment, empowering people to take control of their lives.
- Identified and explained the three tools used to assist in consumer empowerment: 1) *Wellness Recovery Action Plan (WRAP)*; 2) *Speakers Bureau*; and 3) *Consumer Council*.
- Consumer development tasks include: 1) consumer empowerment; 2) stigma reductions; 3) quality improvement; 4) consumer activity coordination; 5) program development; and 6) technical assistance.

**Christopher Pawlak**, Client Services Program Supervisor, Adult System of Care (ASOC)

- Mr. Pawlak is the Workforce Education and Training (Wet) coordinator for Placer County, as well as the training coordinator for ASOC.
- WET gets its funding through the Mental Health Services Act (MHSA) and participates in various events at multiple levels: state level, central region level, and local level.
- Main purpose of WET is to develop a workforce that is culturally competent, co-occurring competent, that is able to develop and train/educate those in the mental health field.
- Mr. Pawlak highlighted those WET activities specific to the local level in Placer County.
- Provided an overview of the Mental Health Loan Assumption program (offered annually), which is intended for those with outstanding student loans, who are working in the mental health field, in the public mental health sector.
- Central Region Partnership focuses on getting evidence-based practices implemented in our communities.
- Completed Crisis Intervention Training (CIT) with local law enforcement in October.
- AMIH works with transitional employees, similar to a staffing agency. ASOC can employ up to 18 transitional employees. Categories include a Navigator, Peer Advocate, and Peer Advocate II. Individuals are placed into a position they can get basic experience and allows them to create a stepping stone to work with the county as a next step up.
- WET Advisory meets the 4<sup>th</sup> Monday of the month.

**Secretary/Treasurer's Report**

**Approval of the December 15, 2014 Regular Board Meeting Minutes** – Approved minutes as distributed.

**Approval of Treasurer's Reports** – \$1,500 - Amount budgeted for Fiscal Year 2014-15. Expenditures for the month of December included: \$125.38 – food purchased. End balance of \$955.09 and is accepted as presented.

**Standing Committee Reports**

- ❖ Executive Committee
  - No action taken.
- ❖ Alcohol and Drug (AOD) Committee – Cheryl Cleveland
  - Reviewed goals and plan to conduct tours/site visits beginning with the Screening Clinic.
  - Discussed contract providers vs. non-contract providers and plan to tour Hope, Health and Healing and New Dawn (non-contract providers).
  - Amy Ellis reviewed the 1115 Waiver with the committee and is sending them a link to review for additional information.
    - 1115 Waiver related to alcohol and drug is the Organized Managed Care System.
    - Request to the federal government to allow California to conduct a pilot that would organize our substance use services delivery system. It will not be a managed care system.
- ❖ Quality Improvement – Theresa Thickens
  - Twylla Abrahamson and Marie Osborne provided a graphic overview of some of the auditing processes.
  - Plan to have a presentation for the Board on the committee's work and how it fits in with what the county is doing.
  - Ms. Thickens checked on the status of members making their test calls, which was requested last meeting.
    - Received a call from the Department of Health Care Services wanting evidence of logs, copies of test calls, etc.; they are stepping up their auditing process.
  - Recently completed the Substance Abuse Prevention and Treatment Review and currently waiting for feedback.
    - Reported slightly different processes in place due to a new EQRO (External Quality Review Organization) agency conducting the audits.
    - Maureen Bauman noted the Substance Abuse Prevention and Treatment audit was separate from the EQRO.
    - The EQRO audit is next - it's a state group that reviews us on the substance abuse side.
- ❖ Children's Committee – Will Dickinson on behalf of Sharon Behrens
  - Reported on the follow-up discussion with Richard Knecht on the iFoster sponsorship program – helping foster care youth get jobs with Raley's and Bel Air.

- First group involves two kids from Placer County and expect them to graduate in June.
- All graduates are guaranteed an interview with one of the stores.
- Kathy Hamilton, who has been involved with CASA (Court Appointed Special Advocate), participated in the committee meeting discussions. She shared her interest in developing a 90-day therapeutic care facility for kids between the ages of three and six.
- Trauma Informed Care – there are three kids from Placer and one from Sacramento County currently in program.
- ❖ Adult Services Committee – Janet O'Meara
  - The committee meets the first Tuesday of the month from 6:00 – 7:00 p.m. at the Cirby Hills facility. Individuals do not need to be a member of the Board to participate in the individual committees.
  - The committee reviewed the Annual Quality Work Plan and invited Kathie Denton, ASOC Program Manager, who provided background on the quality improvement process and answered some questions.
  - Reviewed, for a better understanding, the LOCUS (Level of Care Utilization Scale) tool that is used to better evaluate a client - assessment of service needs.
  - Following up on the new process/protocol with Intake, where family and friends can call Intake to request outreach and help for an individual they are concerned about.

### **BOS-Representative**

- ❖ Supervisor, Jim Holmes reported on the following:
  - Supervisor Holmes will hold his comments regarding the homelessness study until after it's been completed.
  - More than four years ago, the BOS was approached by Placer People of Faith regarding putting a 211 program in place - an information and referral service. A group was formed to see about the feasibility of the 211.
    - Decision has been made to proceed and United Way of Sacramento has agreed to partner with Placer (and others) on the project and will be the lead agency.
    - Funding will be based on population: Placer County - \$32,000, City of Roseville - \$15,000, City of Auburn - \$2,500.
    - On February 24, 2015, the item will be brought back to the BOS for an update and hope to have more commitment.

### **Correspondence and Announcements**

- ❖ Janet O'Meara, reported on the receipt of the following:
  - California Association of Local Mental Health Boards/Commissions (CALMHBC) – annual membership dues.
  - The MHADB has not found the information received from CALMHBC to be helpful.
    - Janet O'Meara will send the CALMHBC link to members.

### **Director's Report**

- ❖ Maureen Bauman reported on the following:
  - This fall, ASOC completed the Walking Challenge to promote health and wellbeing. Now, Placer County is embarking on a new challenge called 5-5-5: exercising five times per week, daily eating five fruits and vegetables, and participating in stress reduction activities five times per week.
  - Ms. Bauman provided an overview of fiscal year 2013-14 data contained in the Placer County Adult System of Care Annual Data Report (distributed electronically in board packet).

### **Unfinished Business**

- ❖ Recruitment (*Standing Agenda Item*)
  - Noted there were three members of the community at tonight's meeting.
- ❖ Visibility of MHADB Services (*Standing Agenda Item*)
  - Tonight's guests shared how they heard about the MHADB.
- ❖ Annual Retreat Date Discussion
  - Reviewed and discussed the document sent out outlining proposed date, agenda and length of meeting.
    - Date: Friday May 8, 2015.

- Desire abbreviated meeting.
- Will Dickinson felt too much time spent on educational information and would like more time spent on discussing how to be more effective as a board.
- Debra Jarvis would like a balance between education and business activities.
- Small amount of time (15-20 minutes) for members to brainstorm ideas for future consideration.
- ❖ Draft Handbook (*Update*)
  - Theresa Thickers sent out the draft to all members for input and appreciates the input received.
  - Send an email to Ms. Thickers with any additional thoughts so the document can be finalized.
    - Would like all input received by Friday, January 30, 2015.
- ❖ Homeless Needs Assessment Update
  - Maureen Bauman provided an update on the staff report to the BOS regarding the homeless emergency shelter. The BOS asked for some alternatives to be brought back.
  - The BOS will hold a special meeting on February 3, 2015 to see if the barracks (Dewitt) can be used as a temporary homeless shelter.
  - Mr. Holmes shared concerns about the BOS changing the zoning to accommodate a building on Placer County's property.
- ❖ FY 2013-14 Annual Report to the Board of Supervisors (Distribution)
  - Maureen Bauman gave kudos to the MHADB for great work.
  - It's a great tool to learn what goes on in Placer County and on the MHADB. Additional copies can be provided for those interested.

### **New Business**

- ❖ California State Association of Counties (CSAC) 2014 Merit Awards
  - Maureen Bauman reported on the three awards that were presented to Health and Human Services: Human Services - Call Center; ASOC – Senior Peer Counselor MDT (Multidisciplinary Teams); and ASOC - Co-occurring FSP (Full Service Partnership).
- ❖ Placer County Budget
  - Tabled until next meeting.

### **Board Member Comments**

- ✧ Yvonne Bond was not surprised about the receipt of the merit awards. She personally experienced a very positive outcome for her family member who is currently going through the system.
- ✧ Cheryl Cleveland reported on her visit to Compassion Planet, a non-profit organization based in Rocklin. A handout, providing information on the organization, was provided on back table.
- ✧ Jim Holmes shared his experience on a ride along and what was involved in assisting an inebriated gentleman.
- ✧ Janet O'Meara noted she signed up to be Court Appointed Special Advocate volunteer.

### **Public Input**

- ✧ Katrina Copple reported that NorCal Mental Health America is putting on a six-week stress reduction clinic – free and open to the public.
  - Flyer will be sent to Janna Jones for distribution to the Board and requests members hand out.
  - First training clinic is February 3, 2015.
- ✧ Mr. Cowen reported that PIRS (Placer Independent Resource Services) has support groups- a different group every day of the week.

### **Adjournment**

- The meeting was adjourned at 8:06 p.m.
- Monday, February 9, 2015 at 3:30 p.m. is next Executive Committee meeting (ASOC).
- Monday, February 23, 2015 is the next Board meeting taking place in the HHS Adult System of Care Large Conference Room, 11533 C Avenue (Dewitt), Auburn.

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Secretary/Treasurer, Mental Health, Alcohol and Drug Board